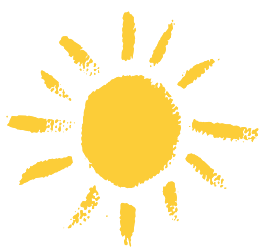


ROUTINE



ROUTINE

Daily routines create rhythm
and security.

1- SLEEP ☾☼

2- MOVEMENT 🌀👉

3- NUTRITION 🍷👉

4- ROUTINE ☀️

5- LOVE 💕

Routines make children feel safe. By repeating the same activities every day, like playing, eating, and sleeping, children develop a tempo that gives them comfort and confidence.

This message is brought to you by the Count 5! Public Awareness Campaign of Florence 1 Schools and The School Foundation.

COUNT 5!

www.count5.org

Today. Tomorrow. EVERY Day.

